

## **Good Digitalization Causing Stress and Depression**

**S M Babhulkar**

*K.J. Somaiya College of Arts, Mumbai, India*

*babhulkarsaahi@gmail.com*

The most important factor for digitalization is pandemic. This pandemic has forced many people to be in a virtual world rather than a physical world. Digitalization is something which is the solution for the pandemic. Education, employment, public interaction, grand events, shopping, even sports and other curricular activities which are daily required chores of any person are in a form of digitalization. So there are a lot of pros for digitalization but cons can be really harmful for mental as well as physical health for any person. The purpose of this study is that it shows the recent increase in the incidents of stress related disorders which can finally conclude in depression due to digitalization. Digitalization can be a catalyst of stress. This digital stress can be caused by negative social interactions, criticism, social comparison, texts, chat rooms and forums, etc. and it is very common in adolescents. Survey shows that every 8 in 10 people are attached to the digital gadgets and 13 to 66 percent teenagers show a higher rate of depression due to digital stress. A longer use of social media increases FOMO and feeling of inadequacy, isolation and dissatisfaction, these feelings negatively affect the mentality of a person causing anxiety, depression and stress. Due to this, it is noticeable that digital stress leads to increased absenteeism decreasing climate of innovation and lower productivity.

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